



— State of —
North Dakota
Office of the Governor
John Hoeven
Governor

PROCLAMATION
HEALTHY AMERICA WEEK
MAY 1-5, 2006

WHEREAS, *Healthy America* is an initiative of the National Governors Association to raise awareness about the need for all Americans to live healthier, more active lives; and

WHEREAS, in 2002, the State of North Dakota launched the *Healthy North Dakota* initiative, which encourages North Dakotans to make healthy choices everywhere they live, learn, work and play; and

WHEREAS, more than a quarter of all American adults are physically inactive, and 65 percent are overweight; and

WHEREAS, physical activity can greatly reduce the risk of many chronic diseases and health conditions, including hypertension, diabetes, heart disease, stroke and some cancers; and

WHEREAS, overweight people at risk for developing diabetes can reduce that risk by 60 percent by becoming physically active for 30 minutes a day and losing a moderate amount of weight; and

WHEREAS, *Healthy North Dakota* and Healthy America Week are designed to encourage a life-long commitment to making good lifestyle decisions.

NOW, THEREFORE, as Governor of the State of North Dakota, I do hereby proclaim May 1-5, 2006, **HEALTHY AMERICA WEEK** in the state of North Dakota.

/s/
John Hoeven
Governor

Attest:

/s/
Alvin A. Jaeger
Secretary of State